

## Editorial

# Polluted Water Increases the Risk of Dementia

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Dementia is a syndrome of cognitive and functional decline, commonly occurring in later life as a result of neurodegenerative and cerebrovascular processes beginning earlier in the life course. It has been suggested that approximately seven potentially modifiable risk factors: diabetes, midlife hypertension and obesity, smoking, depression, cognitive inactivity and low educational attainment. Environmental risk factors may also be important in the pathogenesis of dementia. Polluted water may also increase the risk of dementia especially aluminum in drinking water. The oxygen ratio in polluted water is less than the pure water. Since, oxygen is the vital need of all body cells to be functionally active. Deprivation of oxygen leads to damage of brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behavior and feelings can be affected. Different types of dementia are associated with particular types of brain cell damage in particular regions of the brain. Although, Dementia can be prevented by reducing the cardiovascular risk factors, physical exercise and diet. Drinking of pure water also decrease the rate of dementia. Since, it contains rich oxygen that nourishes the brain cells and enhances the communication, which automatically improve cognitive functions [1-6] (Figure 1).

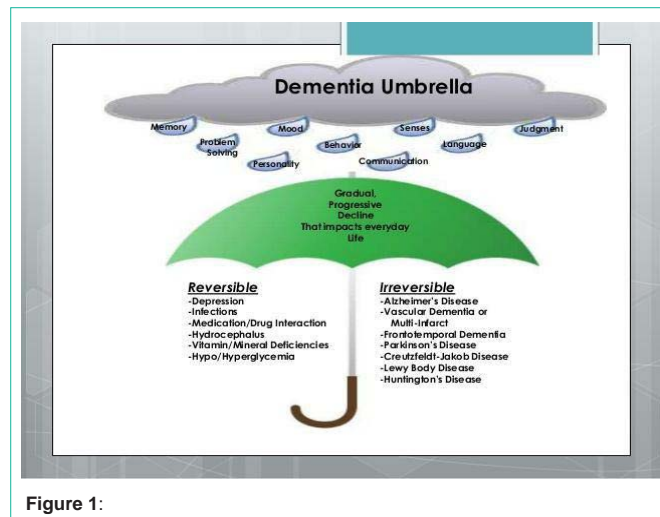


Figure 1:

## Conclusion

Pollution free water can decrease the risk of dementia while polluted water can increase the rate.

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